

Abstract

The invention concerns a physiologically compatible, phospholipid-containing, stable and hard matrix consisting of a supporting material and a bioactive component which has a total diameter of between 0.1 and 5000  $\mu\text{m}$  and contains  $\geq 5\%$  by weight, based on the starting material, of acetone-insoluble components as the bioactive component, which are in particular phosphatidyl serine, phosphatidyl choline and such like, as well as lyso variants and/or derivatives thereof. This matrix which preferably has a supporting material consisting of carbohydrates and/or proteins and preferably additional bioactive substances as ingredients such as amino acids, vitamins, trace elements and similar substances, can have liquid contents and is used in particular in functional foods, special foods and dietary supplements.